



CT Department of Correction

UConn | SCHOOL OF SOCIAL WORK

DOC Smoking Cessation Summary Report

August 2017

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Introduction

With Tobacco and Health Trust Fund (THTF) Board support and funding, the Connecticut Department of Correction (DOC) partnered with the University of Connecticut/Department of Mental Health and Addiction Services (UConn/DMHAS) Research Division in 2013 to conduct smoking cessation data collection and facilitate implementations in Connecticut jails and prisons. These four project years have provided the opportunity to address the tobacco education, prevention and cessation needs of the 16,000 incarcerated offenders housed within the state's 15 facilities.

THTF Awards

There is a balance of about \$67,106 from 2013-2015. DOC will draw down on these funds to pay: 1) UConn \$31,466.75 as the Halfway House (HWH) Evaluation nears completion, and 2) \$12,000 for contractual obligations to partnering local health agencies - Recovery Network of Programs (RNP) and Generations. The collaboration between DOC and the local health agencies is an important one in providing professional support services for HWH residents in seeking smoking cessation and follow up for HWH residents. Generations Community Health Center provides a series of educational sessions and RNP is offering support and education services to offenders at the DOC Waterbury Parole District Office. DOC extended all three contracts (UConn, RNP and Generations) to enable their work to continue and for UConn to complete the HWH Evaluation.

There has been no 2016 funds requested or spent to date. Costs until now have been paid from carry forward balances. However, with UConn's HWH study near completion, HWH smoking cessation activities will start getting underway. DOC plans are to use the \$23,640 balance with 2016 grant funds in the selection, implementation and evaluation of a smoking cessation model for interested halfway houses.

Grant Year	2013	2014	2015	2016
Award	\$447,370.00	\$527,283.00	\$294,322.00	\$152,126.00
Spent/Obligated	\$439,717.60	\$494,301.10	\$267,849.18	-0-
Balance	\$7,652.40	\$32,981.90	\$26,472.82	\$152,126.00

Prevalence Survey

The Smoking Cessation Implementation Project (SCIP) commenced with a comprehensive prevalence survey of Connecticut DOC inmates' smoking use and perceived barriers and supports. The 1,600 surveys were conducted in six DOC facilities between April 2013 and November 2014. Survey results were presented March 2015, to the THTF in a Power Point presentation entitled "DOC Smoking Prevalence Survey."

SCIP Project Implementation Data Charts

The following DOC Smoking Cessation Implementation Project Summary includes all of the implemented efforts to assist inmates with smoking cessation in DOC facilities and after release. The first chart focuses on the efforts of the five Local Implementation Teams (LITs) which chose the initiatives and evidence-based programming to conduct in their own facilities with the guidance of UConn/DMHAS Research Division trained staff and their facilitation. This first chart on page 4 includes data from September of 2013 through September of 2016. Data is presented in calendar years and arranged by goals. The “total” column includes all sites and years combined. These include data that were (and, in some cases, still are) reported to and collected by the UConn/DMHAS Research Division. One of the main efforts of this project was to educate inmates on the harms of smoking and strategies on how to quit smoking. The facilities accomplished this by providing reading materials including brochures and pamphlets, some purchased through the Center for Disease Control, and others free through collaboration with the CT Department of Public Health (DPH). The LITs worked with the DOC staff on their teams to come up with the language for the brochures (See Appendix) that the DPH then put together and printed for DOC, as a collaborative effort of the project. Thirty thousand brochures were printed and continue to be distributed in DOC facilities and Halfway Houses.

In addition, other implementations took place beyond these five facilities including education with TV/DVD, expansion to other facilities, meeting with halfway house providers, in-reach, conference presentations, etc. Video TV/DVD combo presentations. In late 2015 TV/DVD combinations were purchased to have the medical unit waiting area display educational videos on health and health risks related to tobacco use. Units were delivered TV's over the next 6 months and appropriate videos that we could obtain for no cost were reviewed and obtained and introduced to be used across the facilities. Facilities were instructed that every 4th video shown must be related to tobacco use and its effects on health. A total of 10 facilities were targeted for this intervention. At this time we have experienced very positive feedback from the inmate patient population, the medical staff and the custody staff that maintain those units.

As a single intervention it is difficult to ascertain how many people have benefited from these videos but when touring the units positive comments are routinely shared. Recently some of the DVD components have been breaking down and was suggested that we replaced the units and also purchase extended warranties, as technology has been an invaluable tools for this education. Finally, during 2016 and presently in 2017, efforts have been extended to the DOC Halfway Houses (HWH) in the community. HWH data is presented on page 10.

Objectives	Hartford Correctional Center (HCC)	New Haven Correctional Center (NHCC)	York Correctional Institution (YCI)	Manson Youth Institution (MYI)	Bridgeport Correctional Center (BCC)	TOTALS
Total LIT Meetings	28	24	23	21	12	108 LIT meetings
GOAL 1: IMPROVE INTERNAL REFERRAL AND ASSESSMENT PROCESS 2013-2016						
Inmate Handbook: Addendums and Modifications	Handbook updated to include list of tobacco cessation resources at the back page. Handbooks have been distributed to staff.	Team discussed updating NHCC Handbook to include list of tobacco cessation resources at the back page.	Smoking Cessation Assistance section revised in Inmate Handbook.	N/A	Smoking cessation resources added to the back of the BCC handbook.	4/4 programs updated the manuals as they intended
Tobacco Dependence Information and Assistance Request Form (Info Request Form)	10,560	41 forms	1,602	1,380	N/A	Total: 13,583 forms
GOAL 2: PILOT MEDICATION UPON ENTRY AND DISCHARGE 2013-2016						
Administer lozenges	119 inmates referred, 14 inmates received lozenges	N/A	N/A	N/A	N/A	Total: 119 inmates referred, 14 inmates received lozenges
GOAL 3: TREATMENT AND EDUCATION CURRICULUM 2013-2016						
Inmate Tobacco Cessation Groups WISE: Single Session open groups; Closed groups Project Ex: 8-session closed treatment program	<u>WISE Closed Group:</u> Total: 27 sessions, 60 inmates attended <u>WISE Open Group:</u> 2017: ongoing in Tier 1 & DUI/data not collected Total: 13 sessions; 101 inmates attended Combined Total: 40 sessions, 161 inmates	N/A	<u>WISE:</u> 2017: ongoing in PBP & DUI/data not collected Total: 56 group sessions, 154 individual sessions, 113 inmates attended/completed	<u>Project Ex-For Youth:</u> Total: 129 sessions; 157 inmates completed program	N/A	Total: Multi-Session Evidence Based Programs (EBP) Treatment Groups: 225 group sessions; 431 inmates attended/completed program
Incorporating Tobacco Cessation Groups and Curriculum	<u>Tobacco Cessation Support Group:*</u> Total: 14 sessions; 92 single-session inmates attended	<u>Smoking Cessation Stress Management Groups:*</u> Total: 74 sessions, 1,219 inmate attendees (622 non-	<u>Break Free Alliance Addiction Services Tier IV:</u> Total: 10 sessions, 48 inmates <u>Break Free Alliance</u>	N/A	N/A	Total: 113 sessions, 1,639 inmates

Objectives	Hartford Correctional Center (HCC)	New Haven Correctional Center (NHCC)	York Correctional Institution (YCI)	Manson Youth Institution (MYI)	Bridgeport Correctional Center (BCC)	TOTALS
Smoking Cessation Stress Management Groups: Open Group	<u>Integration of “quit” strategies in education & DUI group:</u> Total: 66 inmates <u>*Break Free Alliance Group Addiction Services:</u> Total: 10 sessions; 91 inmates attended <u>School Counselor providing individual educational information sessions:</u> Total: 666 inmates TOTAL COMBINED: 24 sessions, 915 inmates	duplicate inmates) *Please note that numbers of attendees may be non-unique (meaning, individuals may have attended multiple sessions)	<u>Addiction Services Tier II:</u> Total: 1 session, 9 inmates attended Break Free Alliance <u>School Health Class:</u> Total: 4 sessions, 45 inmates TOTAL COMBINED: 15 sessions, 102 inmates			
Educational tobacco addiction videos	“Buerger Disease” video clip viewed during orientation: Total: 1,205 inmates	Equipment could not play video.	“Seven Deadly Myths” video in health class: Total: 60 inmates	N/A	CDC video shown May-Dec. 2015: Estimate: 900 inmates	Total: 2,165 inmates
GOAL 4: REENTRY/DISCHARGE AND CONTINUITY OF CARE 2013-2016						
Distribution of smoking cessation materials to inmates (Quit Line, pamphlets, workbooks, etc.)	Total: 76 brochures	Total: 706 materials	Total: 1,235 brochures	Total: 306	Total: 2,745	2015 Total: 5,068 materials distributed
Integrate smoking cessation information/materials into employment counseling	N/A	N/A	Total: 374 inmates	N/A	N/A	Total: 374 Inmates in job center

Objectives	Hartford Correctional Center (HCC)	New Haven Correctional Center (NHCC)	York Correctional Institution (YCI)	Manson Youth Institution (MYI)	Bridgeport Correctional Center (BCC)	TOTALS
Referrals to Community Health Agencies (CHAs)	Accepted referrals to Charter Oak Total: 25 inmates	N/A	N/A	N/A	N/A	Total: 25 inmates referred
Recovery Support Specialists (phone support to inmates wanting to stay quit after discharge)	See table on page 8	See table	See table	N/A	N/A	Total: 299 inmates referred
Meetings with Community Health Clinics (CHC)	-10/2/15 Meeting at Willimantic/Generations between Generations and DOC/UCONN -10/6/15 Meeting at DOC central office between Charter Oak, Parole, etc. -10/19/15 Meeting at Willimantic/Generations -10/21/15 Meeting at Hartford Parole between Charter Oak, etc. -10/26/15 Meeting at Waterbury/Staywell -12/29/15 Meeting at Willimantic/Generations					Total: 6 meetings with CHCs
GOAL 5: INFORMATION DISSEMINATION 2013-2016						
Smoking Cessation Murals	Mural images completed in March 2015	Mural is up in medical area	N/A	N/A	N/A	Total: 2 Murals Painted
Presentation: Harmful Effects of Chewing Tobacco Nov. 2013	Rick Bender 38 inmates attended 2 LIT Members attended	Rick Bender 44 inmates attended Several Staff also attended	Rick Bender 1 staff Dr. Steve Martin 100 inmates	Rick Bender 150 inmates attended 35 staff attended	N/A	Total: 332 inmates 38 staff attended
Smoking Cessation Posters placed within facilities	Total: 105	Total: 1	Total: 18	Total: 15	N/A	Total: 139 posters
GOAL 6: STAFF TRAINING AND SUPPORT 2013 - 2016						
Tobacco Dependence Training – Women’s Consortium Sep. 2013	N/A	N/A	N/A	1 Staff Member attended	N/A	Total: 1 Staff attended
WISE Smoking Cessation Training Nov. 2013 & 2014	3 Staff Members attended	3 Staff Members attended	13 Staff Members attended	N/A	4	Total: 23 Staff attended

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BreakFree Alliance Training Dec. 2013	6 Staff Members attended	4 Staff Members attended	1 Staff Member attended	N/A	N/A	Total: 11 Staff attended
2 Combined LIT Meetings Sep. 2014 & Mar. 2015	8 Staff Members attended	5 Staff Members attended	8 Staff Members attended	5	5 Staff Members attended	Total: 31 Staff attended
American Lung Assoc. Training Sep. 2014	2 Staff Members attended	2 Staff Members attended	2 Staff Members attended	2 Staff Members attended	2 Staff Members attended	Total: 10 Staff attended
*Total training attendees:	*19	*14	*24	*8	*11	Total: * 76 DOC staff

*Please note that numbers of attendees may be non-unique (meaning, individuals may have attended multiple sessions)

HCC Information and Assistance Request Forms Data Breakout (2015)

What follows is an example of a data collection form that the Hartford Correctional Center (HCC) Local Implementation Team designed and implemented during orientation for inmates, in order to more carefully track those who would like information or treatment related to smoking cessation and staying quit. This information was then passed on to treatment and educational providers at HCC. And then the forms were given to UConn SSW to tabulate for the team to keep track of inmate requests. The form was implemented in 2013, but the data below is presented for a typical year, 2015. UConn entered and analyzed data from over 13,500 forms collected by HCC.

	Non-smoker	Smoker
2015 Totals	2,095	2,679
5,067 forms	43.6%	56.1%
68 Invalid		
225 blank		

A total of 32.3% of the self-identified smokers expressed interest in receiving the following support(s) (inmates could check more than one):						
Info for yourself	Info for others	Individual Counseling	Attend Groups	Community Resources/ Discharge planning	Motivated	Made decision to quit
398 14.7%	77 2.8%	343 12.7%	405 14.9%	269 9.9%	473 17.5%	374 13.8%

Recovery Support Specialist Project (2014-2016): Inmates who consented and provided post-DOC contact information were called by RSSs to check in with them and offer post-DOC smoking cessation support and remind individuals of community resources.

Completed RSS Interviews

N=47 Completed RSS Interviews		
Note: Average number of attempts to contact/call per person=11	Yes	No
Interested in remaining tobacco free?	38 (81%)	9 (19%)
Successfully tobacco free	9 (19%)	0
Relapsed	33 (70%)	9 (19%)
NRT*	7 (15%)	N/A
Used Quit line	1 (2%)	N/A
RX	0	N/A

RSS Telephone Contact Responses

York CI, New Haven CC, Hartford CC		
Referrals		299
Contact – Eligible		95
Completed Initial Interviews		47
Completed Follow-Up Interviews		12
Discontinued Cases – Total		93
Reasons why discontinued:	Refused	18
	Re-incarcerated	18
	Unable To Locate	33
	Limited Contact Info	24
	Project ended; inmates still incarcerated	111

*Nicotine Replacement Therapy

RSS Contacts Information

- Referrals: Total number of participants who have given consent to be contacted about the tobacco cessation assistance survey for tobacco cessation assistance
- Contact-Eligible: Participants that are out in the community and ready to be contacted.
- Completed Initial Interviews
- Completed Follow-Up Interviews
- Discontinued Cases: All participants that are:
 - o Refused: Participants who withdrew consent to be contacted.
 - o Reincarcerated: Participants who were once “contact eligible” but are now back in the system.
 - o Unable to locate: Participants that did not make contact with an interviewer after 20 attempts.
 - o Limited Contact Information: No phone number, address, or e-mail address provided on Future Contact Form
 - o Project discontinued: inmates still incarcerated and notified of discontinuance and provided list of community resources, including QUIT line.

DOC Half-Way House (HWH) Work

In 2016, implementations extended to DOC Halfway Houses including integrating smoking cessation information into HWH health education. The Generations Community Health Center provided these educational sessions summarized in the chart below.

**Generations Smoking Cessation Activities June-
October 2016**

Date	Location	Health Education Session	Attendees	Enrolled in Smoking Cessation
6/27/2016	Perception House/Brooklyn Bridge	Stages of Change	28	0
7/11/2016	Brooklyn Bridge	Effects of Secondhand Smoke	18	0
8/1/2016	Brooklyn Bridge	Tobacco vs. Smokeless Tobacco	18	0
8/4/2016	Perception House	Smoking effect on women's health	8	0
8/25/2016	Perception House/Brooklyn Bridge	Smoking effects on reproduction/pregnancy male & female	24	0
9/14/2016	Perception House	Chronic respiratory issues caused by smoking (adults & children)	8	0

DOC HWH Smoking Prevalence Survey Data Collection (2017)

Dr. Wendy Ulaszek and her staff at UConn continue to work on the prevalence study of tobacco usage, Halfway House (HWH) residents' perceived barriers/supports, and impact of smoking cessation services received at DOC. The prevalence study measures have been developed and the database set up has been completed for data input to conduct data analysis. The data collection process slowed down because the number of completed surveys was lower than Dr. Ulaszek initially expected. However, UConn is working more closely with the DOC HWH staff to collect the data in late afternoon to early evening/dinner times, when most of the residents are in the houses. UConn is also overseeing the collection and analysis of feedback from key stakeholders in order to study the impact of the DOC Smoking Cessation Program. UConn will be providing reporting to DOC as well as to the key stakeholders at HWHs with regards to outcomes in order to guide future program planning.

DOC Halfway Houses		Number of Adult Beds Filled	Residents Available	Total Surveys Completed	Completed/ Available	Comments or Reasons for Refusal
Total Data Collected		628	395	289	73%	

Hartford DOC Facility	Date & Time Scheduled	Number of Adult Beds Filled	Residents Available	Total Surveys Completed	Completed/ Available	Comments/Reason for Refusal
Watkinson House	1/20/2017	19	15	8	53%	Need to return
Silliman/Johnson females	1/23/2017	15 (26 beds, including children)	13	12	92%	
Drapelick Center, Bloomfield	1/27/2017	40	35	19	54%	Need to return. Many residents left after finding out it was voluntary
Hartford House females (2 from Federal Facility)	1/27/2017	17	11	10	91%	One resident recovering from surgery

Community Partners in Action	2/27/2017	15	13	13	100%	
Stein House	3/8/2017	16	7	7	100%	
Open Hearth	3/8/2017	44	28	10	36%	Residents did not come out from their rooms after hearing the announcement on loud speaker. Others had to be turned away because they were TLP not DOC
Cheyney House	4/4/2017	41	18	11	61%	Residents stated they were not interested
Open Hearth 2nd time	4/12/2017			1		
Hartford Total		207	140	91	65%	

Bridgeport DOC Facility	Date & Time Scheduled	Number of Adult Beds Filled	Residents Available	Total Surveys Completed	Completed/ Available	Comments/Reasons for Refusals
Isaiah House	2/22/2017	29	15	15	100%	
Mary Magdalene females	2/23/2017	15	13	13	100%	
**APT Foundation						This is not a HWH or residential treatment facility
Bridgeport Total		44	28	28	100%	

New Haven DOC Facility	Date & Time Scheduled	Number of Adult Beds Filled	Residents Available	Total Surveys Completed	Completed/ Available	Comments/Reasons for Refusals
Eddy Center Middletown	4/6/2017	36	16	14	88%	
Walter Brooks House New Haven	4/11/2017	65	47	28	60%	Residents left after finding out it was voluntary
Roger Sherman House New Haven	6/28/2017	60	40	27	68%	Residents who refused indicated they were not interested
Sierra Center New Haven	6/28/2017	29	13	6	46%	Residents did not want to complete survey after they were told it was voluntary
Dana's House New Haven						Spoke to program director once, have left 3 voicemails following up
New Haven Total		190	116	75	65%	

Waterbury DOC Facility	Date & Time Scheduled	Number of Adult Beds Filled	Residents Available	Total Surveys Completed	Completed/ Available	Comments/Reasons for Refusals
Bishop House Waterbury	6/7/2017	50	38	32	84%	Residents did not want to complete the survey
Chase Center Waterbury						Attempted to follow up a couple times w/program director
CT Renaissance East Waterbury	7/17/2017	49	36	29	81%	Residents did not want to complete the survey
Central Avenue Waterbury	6/16/2017	45	24	21	88%	1 resident stated that he had never touched a cigarette, 2 others did not state a refusal reason
Warner House Waterbury						Left program director a voicemail
Waterbury Total		144	98	82	83.67%	

Norwich DOC Facility	Date & Time Scheduled	Number of Adult Beds Filled	Residents Available	Total Surveys Completed	Completed/ Available	Comments/Reasons for Refusals
Brooklyn Bridge Brooklyn	Program officially closed as of June 1st, 2017					
Cochegan House Uncasville	IP					Spoke to program director, any day at 6:30pm works for the facility
Fellowship House Groton	5/26/17	18	3	3	100%	need to return
Next Step Willimantic	8/8/17	25	10	10	100%	
Norwich Total		43	13	13	100%	

IP=In Progress

Preliminary HWH Results

See attached Power point presentation entitled “DOC Smoking Cessation HWH Data Collection”.

Next Steps

The prevalence survey was conducted between January and July of 2017 in 19 HWHs including 15 male HWHs and 4 female HWHs. The data collected during that initial phase has informed Phase II of this work and includes:

1. Selecting a smoking cessation model
2. Communicating with HWH directors to implement chosen model
3. Overseeing smoking cessation programing conducted at 6 HWH sites
4. Assessing impact